

Scenarios

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| <p>Your friendship group has all fallen out with someone</p> | <p>Your friend's gran is unwell and they are really upset</p> | <p>You move to a new house and start at a new school</p> |
| <p>You need to go to the doctor for medical tests</p> | <p>You are worried about a family member</p> | <p>You don't have anyone at home who can help you with homework</p> |
| <p>Your older sibling was caught stealing</p> | <p>Your parents are splitting up</p> | <p>Your friends have all gone to a party without you</p> |
| <p>Your friend tells you a secret that makes you concerned about them</p> | <p>You lost your new phone at school</p> | <p>You have to speak at assembly next week</p> |
| <p>Your parent is remarrying and you will have new step siblings</p> | <p>You are feeling overwhelmed and stressed all the time</p> | <p>Your friend has not been acting like themselves</p> |